

It's about your well-being.

# Powerful Tools for *Caregivers*

***Powerful Tools for Caregivers*** empowers family caregivers of older adults to take better care of themselves. Learn tools to help reduce stress, improve caregiving confidence, establish balance in your life, communicate your needs, make tough decisions and locate helpful resources.

**Hopkinton Town Library**  
61 Houston Drive, Contoocook

**Thursdays, September 10 – October 15, 2015**  
2:30 – 4 p.m.

*Program is free.*

To register call (603) 224-4093, ext. 5815 – class size is limited.



(603) 224-4093 • (800) 924-8620  
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